



# September

The Lounge 757-259-4187



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Events, times and dates are subject to change.</p> <p><b>Blue =Lounge</b>  <b>Black =Room D</b>  <b>Red =Walking track</b>  <b>Green= Event</b>  <b>Orange =Outreach</b>  <b>Purple =Conference room</b></p>		<p><b>1</b></p> <p>9:30-10:15am Video Chair Exercise</p> <p>10:15-11am Wii Bowling</p> <p>1-3pm Discussion Group Room D</p>	<p><b>2</b></p> <p>9-11:30am Walk-About</p> <p>9:30am Wii Bowling</p> <p>1pm Board Games &amp; BINGO</p> 	<p><b>3</b></p> <p>10am-noon Discussion Group</p> <p>1pm Readers Theater</p>	<p><b>4</b></p> <p>8am-noon Bridge</p> <p>9-11:30am Walk-About</p> <p>1-4pm Bridge</p>	<b>5</b>
	<p><b>6</b></p> <p><b>Center and Lounge Closed</b></p> <p><b>Labor Day Holiday</b></p>	<p><b>8</b></p> <p>9:30-10:15am Video Chair Exercise</p> <p>10:15-11am Wii Bowling</p> <p>1-3pm Discussion Group</p>	<p><b>9</b></p> <p>9-11:30am Walk-About</p> <p>9:30am Wii Bowling</p> <p>1pm Board Games &amp; BINGO</p>	<p><b>10</b></p> <p>10am-noon Discussion Group</p> <p>1:30pm Memories Class</p>	<p><b>11</b></p> <p>8am-noon Bridge</p> <p>9-11:30am Walk-About</p> <p>1-4pm Bridge</p>	<b>12</b>
<b>13</b>	<p><b>14</b></p> <p>9am-noon Mah Jong</p> <p>9-11:30am Walk-About</p> <p>12:30-4pm Bridge</p> <p>Noon-3:30 Caring Art Class AFCC</p>	<p><b>15</b></p> <p>9:30-10:15am Video Chair Exercise</p> <p>10:15-11 am Wii Bowling</p> <p>1-3pm Discussion Group Room D</p> <p>2:30-3:30 Music JAM Session</p>	<p><b>16</b></p> <p>9-11:30am Walk-About</p> <p>9:30am Wii Bowling</p> <p>1pm Board Games, BINGO &amp; Monthly Birthday Celebration</p> 	<p><b>17</b></p> <p><b>Fishing Field Trip LCR</b></p> <p>10am-noon Discussion Group</p> <p>1:30pm Book Club</p>	<p><b>18</b></p> <p>8am-noon Bridge</p> <p>9-11:30am Walk-About</p> <p>Noon-1 pm Receptionist Meeting Conference room</p> <p>1-4pm Bridge</p>	<b>19</b>
<b>20</b>	<p><b>21</b></p> <p>9am-noon Mah Jong</p> <p>9-11:30am Walk-About</p> <p>12:30-4pm Bridge</p> <p>Noon-3:30 Caring Art Class AFCC</p>	<p><b>22</b></p> <p>9:30-10:15am Video Chair Exercise</p> <p>10:15-11 am Wii Bowling</p> <p>1-3pm Discussion Group Room D</p>	<p><b>23</b></p> <p>9-11:30am Walk-About</p> <p>9:30am Wii Bowling</p> <p>1pm Board Games &amp; BINGO</p>	<p><b>24</b></p> <p>10am-noon Discussion Group Room D</p> <p>12:30-2:30 pm BUNKO!!</p>	<p><b>25</b></p> <p>8am-noon Bridge</p> <p>9-11:30am Walk-About</p> <p>1-4pm Bridge</p>	<b>26</b>
<b>27</b>	<p><b>28</b></p> <p>9am-noon Mah Jong</p> <p>9-11:30am Walk-About</p> <p>12:30-4pm Bridge</p> <p>Noon-3:30 Caring Art Class AFCC</p>	<p><b>29</b></p> <p>9:30-10:15am Video Chair Exercise</p> <p>10:15-11 am Wii Bowling</p> <p>1-3pm Discussion Group Room D</p> <p>2:30-3:30 Music JAM Session</p>	<p><b>30</b></p> <p>9-11:30am Walk-About</p> <p>9:30am Wii Bowling</p> <p>1pm Board Games &amp; BINGO</p>	<p><b>Line Dancing every Tuesday and Thursday</b>  <b>James Blair School, Door # 8</b>  <b>10 a.m.-noon</b>  <b>No experience needed, wear comfortable shoes and join the FUN!</b></p>		